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NOVEMBER 2013

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THE CENTRAL IOWA EXPERIENCE

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ON THE COVER: Ramona Esbeck, 101, and Connie Varclay, left, 55, represent the youngest and oldest members of the Ames Woman's Club. PHOTO BY ELI HAMMAN/FACETS

EDITOR'S NOTE

It all began in Maple Hall on the campus of Iowa State University almost exactly five years ago.

"So, where are you from?" echoed through the halls of my freshman dorm the first few weeks of school.

Every once in awhile, you'd hear West Des Moines, Council Bluffs or Davenport, but most of the time the answers were small towns best described by their surroundings — "Do you know where Sheldon is? I'm just a half hour south of there."

My answer, however, always drew the same puzzled looks and the inevitable, "How did you end up *here*?"

You see, my hometown is a good seven-hour, 500-mile drive straight east on Interstate 80 from Ames — northern Indiana, to be exact.

The short answer is that, five years ago, I had dreams of being an architect, and one tour of ISU's College of Design and a last-second football victory over Colorado in 2007 sealed my admissions acceptance envelope and made me a Cyclone.

Four major-changes later (turns out you can't turn in drawings with charcoal fingerprints lining the edges if you want to be an architect), I found myself working for the Iowa State Daily, set to graduate from the Greenlee School with a degree in journalism.

I'll be honest when I say that walking across that stage at Stephens Auditorium last May was equally anticlimactic and terrifying — both of which had nothing to do with the fact that I had officially become a fledgling adult.

As many of you may know, graduates don't actually receive degrees until a few weeks after graduation, so the ceremonial walking of the stage is mostly for show (and for parents to snap photos).

Why I chose to wear four-inch heels for literally the only time in my life 2,600 peoples' eyes would be fixed on me (hence, the terror), I couldn't tell you.

Although I probably looked like a newborn giraffe trying to navigate my way across the stage, I made it ... and haven't worn heels since.

In the year and a half that's passed since then, it'd be difficult to count on



one hand the aspects of journalism that I've dabbled in, but all in all, I have to say I'm glad I landed back here in Ames and working for Facets.

You may have noticed the handful of changes we've made already, but as you page through the rest of this issue keep your eyes peeled for new monthly features by Ames Tribune Outdoors editor Todd Burras and longtime gardening columnist Jan Riegenbach

You'll also find new columns that feature crafts, recipes and decor pertaining to the season, while we've given our existing columns a bit of a facelift.

We've even headed out on the town to snap photos for our new People feature, aiming to better engage the Ames community.

In that vein, I encourage you to get in touch, whether you have an idea for a story, a nomination for our Faceted Woman feature or just want to say hello.

You can find me at nwiegand@amestrib.com or (515) 663-6923. I look forward to hearing from you!

Nicole Wiegand

NICOLE WIEGAND

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Connie Varclay, left, 55, and Ramona Esbeck, 101, are both active members of the Ames Woman's Club, which will celebrate 100 years of service in 2015. PHOTO BY ELLI HAMMAN/FACETS

Members Welcome

After nearly a century of giving back, Ames Woman's Club is in survival mode

BY BETH DALBEY

For almost 100 years, the Ames Woman's Club has quietly mended holes in the social fabric of the community, gathered women for fellowship and sponsored

discussions of weighty — or even not-so-weighty — topics over lunch.

Now, like service clubs around the country, it is facing a membership crisis.

Mothers are often at the office, pursuing their own pro-

fessional careers and providing for their families. The meeting place du jour is often virtual, a social media site like Facebook, and not over a game of bridge, an art that is disappearing along with service clubs.

And time? There's never

enough.

The club's oldest member is 101, its youngest 55. As members have aged, the club's mission has changed from service and good deeds to support for

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one another.

Members worry that without the invigoration of new and younger blood, the club could exist only in history books.

"The kinds of activities we have just speak to an older group," said Karlene Garn. "I don't know too many young people who play bridge."

Club president Mary Frahm said the club has a rich history of community service, but as the members age, "most are not able to go out and gather newspapers like the Kiwanis, or serve meals" at community events like the Special Olympics.

Survival is a real concern. Five members died last year, dropping membership to around 60. At one time, hundreds of Ames community members were involved.

"It's a hard sell to get anyone to join anything these days," said Donna Luchan, a member since 1989. "It's not just the Woman's Club. Church circles are suffering. All of the clubs are kind of down."

"We really try to give back, and it's something for women to do without any demands made on them. We have a variety of programs, so they could be busy all week. We want to be of service and do fundraisers."

The fundraisers, which include an annual style show and flea market, supplement the main source of income: a \$1,000 per month lease payment by U.S. Cellular, which maintains a cell phone tower on the club's property at 106 S. Dakota Ave.

That lease has been a boon. Without it, the more

than \$17,000 bill to resurface a small portion of the parking lot would have financially devastated the club, which charges modest \$40 annual membership dues to cover building maintenance.

The income also allows the Woman's Club to give about \$3,000 in scholarships to a couple of Ames youths every year, support the Boys and Girls Club of Story County, and pay its utility-

ties and other bills on the clubhouse.

The club was founded in 1915 under the umbrella of the General Federation of Women's Clubs, but the national affiliation was dropped in the mid-1990s when dues increased. Still, the club follows the general structure of the international affiliate, founded in 1890.

"For many years, we were a member of the state and national organization, but it got to the point where the national organization was requiring so much of our membership fees that we didn't have anything left to operate on," Luchan

said. "We would have had to raise the membership dues too high. The general consensus was that we weren't getting enough back to compensate for the time we had to put into meeting their requirements."

"We thought it was more important to take care of our local problems than the national issues."

According to Frahm, the Ames club was part of a wave of clubs nationally that

"We really try to give back, and it's something for women to do without any demands made on them. ... We want to be of service."

— Ames Woman's Club member Donna Luchan

dropped their memberships with the international federation in the mid 1990s so they could keep their money at home and meet local needs.

These days, club members' community service often is to one another, but it's no less important. Taking the place of the garden and travel programs and tea parties are regular outings to restaurants and movie theaters, insulation against social isolation and loneliness that can shorten their lives.

"Those people still feel a part of things by being able to get out and being with other people," Luchan said.

At 55, Connie Vaclav is the club's youngest member. She joined in 2009 when she switched to part-time work and opened up her days for more community service. The Woman's Clubs meetings and activities give her good "mom time" with her mother, Barb Martin, a longtime member.

Vaclav recommends the club to her peers, and though they're intrigued about the opportunities for camaraderie and service, most are busy during the day. Evening meetings aren't an option for younger women, either, because their children's school activities keep them busy.

But she enjoys the experience.

"The things that keep me coming back are that the programs are so interesting and the people are so interesting," Vaclav said. "Look at Ramona. She's 101 years old."

Like the others, Vaclav worries that the Ames Woman's Club will join the ranks of other longtime service organizations that are beginning to disperse.

"My husband belonged to Ames Kiwanis for many, many years," Marge Benson said. "Getting people to work and do the things was quite a challenge. That's an older group, too."

"We need to hold on at least two years," Luchan said. "That's our 100th anniversary."

If service clubs go away, Ames loses, members agree.

"There are a lot of people doing good things for people," Luchan said. "They lose that. It'll end up being more centered more on churches than the clubs, but clubs are nice because they have such a diversity of people." ♦



Leora Darrah-Jarnagin, left, continues to fight Alzheimer's Disease in memory of her mother. Here, she speaks with Julie Nixon, of Nevada, right, and her grandson, Hendrick Draper, at an Alzheimer's benefit garage sale on Oct. 4. PHOTO BY MARLYS BAKER

Memories of Mom

How one Nevada woman honors her mother by continuing to fight against Alzheimer's

BY MARLYS BARKER

Leora Darrah-Jarnagin will never forget the sight of her mother one day toward the end of her mother's battle with Alzheimer's disease.

Leora walked into a care facility to find her mother slumped over the arm of her wheelchair, swinging back and forth the fork she held in her hand. The fork was almost touching the floor.

Caretakers were busy with other individuals, so Leora rushed to her mother's side.

"I asked her, 'Are you going to eat your supper, Mama?'" Leora recalls. She remembers sadly how her mother,

Patricia Darrah, looked so confused.

"She didn't know how to do it," Leora said. "She didn't know what the fork

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Team Walkin' for Mom



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was for. So I fed her." Not long after that, a fork was no longer needed, because Leora's mother forgot how to chew.

Alzheimer's disease is "ugly and unpleasant," Leora said, and as she witnessed her mother's suffering, this long-time Nevada resident made a decision to raise money to help find a way to cure the disease.

People don't always consider Alzheimer's as seriously as they consider the fights for other diseases, Leora said, "because people think it's just forgetfulness." But Leora knows it's so much more.

"Alzheimer's robs you of everything. It took my mother's possessions (all of which were needed to provide for her care) and it took all her years of memories."

So while Patricia, who died in January 2012, was still alive, Leora made a commitment to dedicate herself to raising money to fight this "fatal disease." She calls it "fatal" because unlike other diseases, there is no cure. Alzheimer's, as Leora puts it, simply eats away at the brain, causing brain damage to the point where a person no longer knows how to live.

In 2010, Leora held her first

annual garage sale at the home of her sister-in-law, Carla Darrah, in Nevada. This month, on Oct. 4, Carla and another friend, Carol Thompson, were working with Leora at the fourth annual garage sale for the fight against Alzheimer's.

The funds raised by these garage sales go toward Leora's Alzheimer team's fundraising efforts for the annual Walk to End Alzheimer's in Ames. This year's walk was held Oct. 12. Leora's Alzheimer team — "Team: Walkin' For Mom" — also helps raise funds through other events during the year.

You could say, in fact, that Leora, 51 and a 1980 graduate of Nevada High School, is almost always involved in something that's promoting the fight against Alzheimer's disease. It's become her life's mission.

Working on behalf of the Alzheimer Association-Greater Iowa Chapter out of Des Moines, Leora's Alzheimer team has become the top team in Iowa for fundraising. In 2010, they raised \$5,000 from the garage sale and a benefit dinner, silent auction and band event.

In 2011, they doubled it, raising \$10,000. In 2012, the team raised \$16,500 and their 2013 goal is to hit at least

\$16,000.

Team members — who in addition to Leora include Nevada residents Ray Jarnagin, Dani and Matt Dunham, Jerry and Carla Darrah, Josh Darrah, Robin Howe, Carol Thompson and Julie and Bruce Oxley — are asked to raise at least \$100 each throughout the year. So they organize events, and often they all support each others' events, to help raise those funds.

The team has also organized an annual golf event in July at the course outside of Colo. Leora credits her nephew Josh Darrah as being instrumental in pulling off that event so successfully.

Leora also started a pink flamingos campaign in 2011, where people could put a huge flock of plastic flamingos in friends' yards and then friends would donate money to Leora's fundraising efforts to have the flamingos removed.

While she hasn't placed the flock in anyone's yard recently, Leora still has the flock and is hoping that the fundraiser can pick up steam again in the coming year.

Through all her fundraising efforts, Leora knows that she is honoring her mother and the promise she made to her to never give up the fight.

Patricia Darrah died at 78 and struggled with early-onset Alzheimer's and then the devastating, more serious effects of the disease for 18 years.

Patricia and her husband, Terry (also deceased), had moved to Nevada when Leora was 16 years old. The couple ran the Hartzer House, a popular restaurant in town. Patricia was known for the special pies and dinners she made at the restaurant. She had many friends and many great memories.

No one should have to lose their memories, Leora said, and that is why she and her team of friends will continue the fight against Alzheimer's disease and support the Alzheimer Association-Greater Iowa Chapter, an organization that Leora said utilizes the funds they receive to give to research and provide help to people and caregivers dealing with the disease.

"I've never seen anything like (Alzheimer's)," Leora said. "My mother looked the same for a long time, but when I'd look into her eyes, it was different, empty ... it was sad."

To find out more about Team: Walkin' For Mom, go to <http://act.alz.org/goto/Leora> or email Leora at: LRDarrah@aol.com. ♦



Growing hope

Lutheran Services' Beloit Learning Garden provides a haven of hope for those it serves

BY JANE M. DEGENEFTE

Like pumpkin vine tendrils twirling about their way to life, the intricate patterns of community involvement create life-giving fruit.

So much of what Ames has grown into as a city has touched a nearby help center for young children. In Ames, there exists a shining example of fortitude with grace abounding.

Volunteers at Lutheran Service's Beloit Treatment

Center — both locally and statewide — have compassion, knowing the strength of Iowa's good soil, as well as the strength of Iowa's heart.

Children experiencing mental, emotional and behavioral issues are housed for a brief period of time at Lutheran Services of Iowa. Yet, these children are given such quality care as to carry with them the very promise of hope.

Like a seed carries within it a promise of something

new, this hope realized does not disappoint.

In September, the Ames Edible Garden tour passed through Beloit's Learning garden. This tour allowed for interested gardeners to enjoy for a day the richness of planting and preserving seeds. They were also able to see the signage children made for each garden bed.

United Way's Day of Caring helped primp the garden with weeding the day before the tour. And initially, the USDA allowed for a grant

to be issued to propel this community garden forward.

Within the confines of this treatment center and service center, the needed service for people with disabilities are realized.

The complexities of early childhood needs, refugee programs, behavioral health intervention services and Iowa kids' "Net for Adoption" come into focus with helpful facilitation through LSI.

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Even in the midst of a summer drought, donated rain barrels were sufficient to supply much needed water to the Beloit Learning Garden.

From rain barrels to food-stuffs, the community thrives with ingenuity and promise at the garden.

If ever there was a mixture of events and input, it is here. Contributions from every direction, along with volunteers from every denomination, come together to culminate both daily cooking menus and the disciplined practice of learning.

The result? Children find a solace.

"Stay here, it's safe," the garden beckons. "Stay here for awhile to learn a way to cope."

• • •

Site manager Shannon Creger has been with LSI for more than two years.

A prolific gardener herself, she enjoys all aspects of the Learning Garden. Her contributions to the weekly menu come from her knowledge of the fruits and vegetables it produces. Her enthusiastic, staccato voice gives way to opportune services found within this little campus of hope.

The garden is a mixture of events, just as Lutheran Services in Ames is a mixture of successful community cooperation and hope.

Beloit is located within a neighborhood and happens to be next door to a church.

The services provided at Beloit have inspired people from the church to work together in order to help children who suffer from behavioral issues.



Shannon Creger, site manager, works one-on-one with children to tend to Beloit Residential Treatment Center's Learning Garden. PHOTO BY JANE M. DEGENEFTE

The history behind Beloit is rich with compassion. Originally an orphanage, today this facility offers many services for family-focused,

trauma-sensitive care with both on-campus and public school education. While children under the age of 8 begin their program they can also

participate with spiritual life development, extracurricular activities, and the learning garden.

• • •

"The learning aspect of the garden with our kids has been really tremendous," Creger said. "It's a great opportunity for kids to get an idea of how gardens work, and how they can be beneficial. The skills that the kids are learning."

"Some of them come into the garden, and it's great to hear their stories. 'Oh, let me plant the onions! I used to do that all the time with my grandma!'"

"It gives them the opportunity to talk about those fun, healthy experiences they've had with relatives."

"Then, lo and behold, you give them the onions and they know what to do. It gives them an opportunity to experience that again and also learn more about gardening."

"Hopefully, they'll take this into their adult life to continue this tradition."

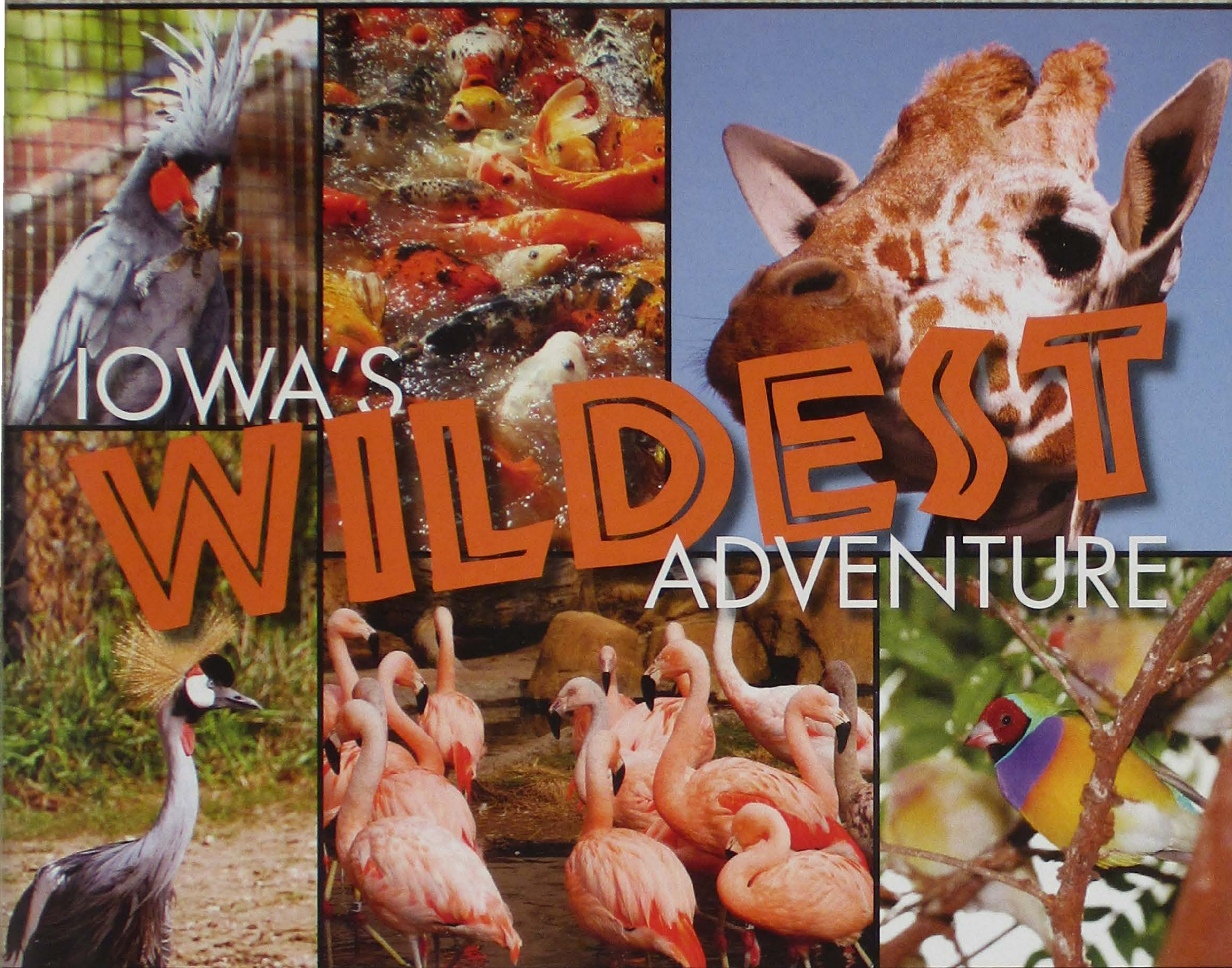
It's as if the garden gates have no gates. Or the boundaries of this garden's fruitfulness has no boundaries other than love and reasonableness, that is.

The garden beds overflow.

It's because of the resourcefulness of the seeds, the ground, the sun, the care, and a community of volunteers who realize the intricacies of hope.

With the help of loving boundaries, children can find solace.

Here, behind the Beloit Learning Garden's gate, there is a reasonableness that echoes love's restraint. ✿



IOWA'S WILDEST ADVENTURE

BY TODD BURRAS

If you're someone who likes to get your wild on — a bit of nature's wild that is — there's no wilder place in central Iowa than Blank Park Zoo in Des Moines.

"Iowa's Wildest Adventure" is the 47-year-old park's mantra, and fall — even winter — is as good a time to do the zoo as any. Maybe even better. There are fewer large crowds, no insects, the weather is usually pleasant and the animals can be more

active as a result of the cooler temperatures.

Don't take my word for it, though. Ryan Bickel, the zoo's director of marketing, offered these five reasons the off-season can be a good time to visit the zoo and its nearly 1,500 animals.

- Many of the animals are very active in the colder months. Snow leopards, for example, do not like hot weather and tending to be lazier in the summer months, but can be very active and fun to watch in the winter. Seals

and sea lions are from the Pacific Northwest and swim in their pool all year. You might say "brrr," but they have a blubber layer that keeps them warm.

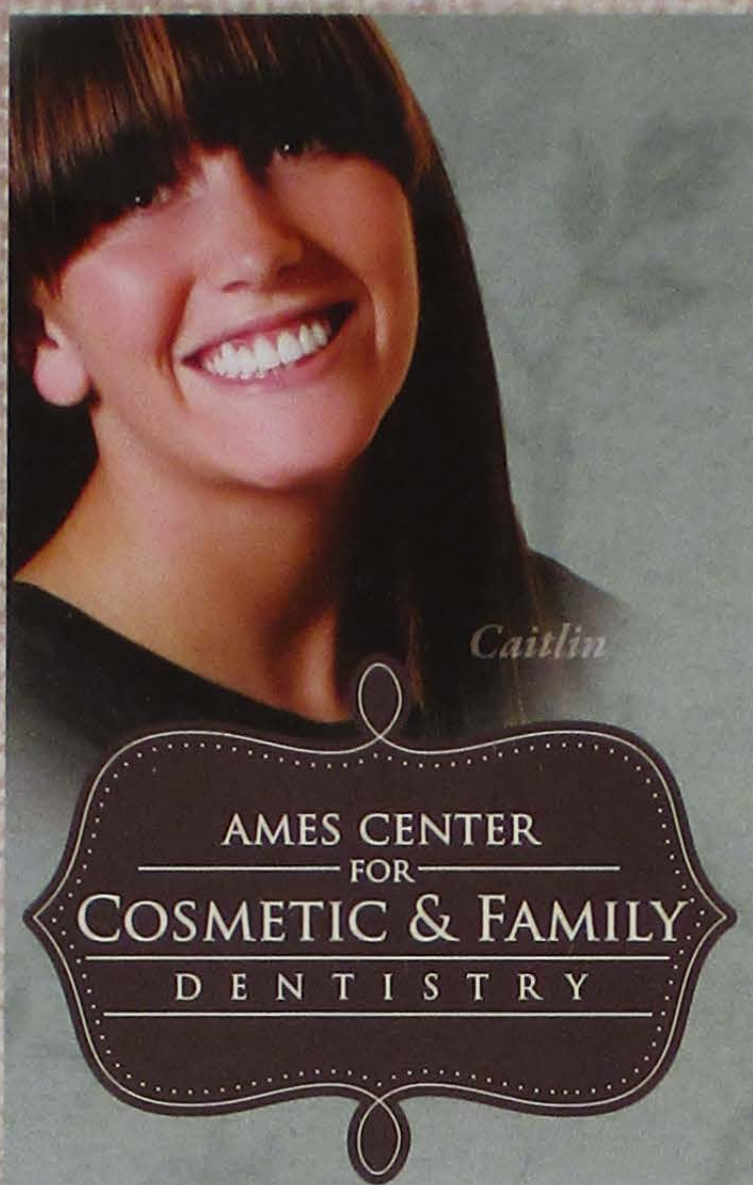
- The new Eastern black rhinos will be viewable in their indoor winter quarters this fall and winter.

- The new penguin and tortoise building is now open and visitors will be able to see Barnaby, a 500-pound Aldabra tortoise, all year long. He will be hanging out with his friends in his new sand-

box and pool. In addition, the new Bactrian camel exhibit will be viewable this fall.

- The tropical Discovery Center is a great place to visit in the winter when there is a foot of snow on the ground. It has a rain forest feel, and you'll see and hear the waterfall, cross the rope bridge, see the tamarins, birds, red pandas and watch colorful, tropical fish swim around in the 15,000-gallon salt-water aquarium.

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EXPLORE

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- The lions have heated rocks close to the viewing window, so they like to hang out there in the winter. You really get to see them up close and understand how big they really are.

"As we have improved and expanded the zoo, we really have tried to make it a winter-friendly place by adding winter viewing of warm-weather animals," Bickel said. "At this point, unless it is really icy or extremely cold, you'll be able to see many of the animals except the large African animals, like the giraffes, the watusi, etc., and the outdoor bird aviaries."

If those aren't enough reasons to visit the zoo in the off-season, Bickel added one more.

"Santa Claus and a couple of his reindeer will be visiting the zoo on Dec. 7 and 14," he said.

• • •

If you've never been to Blank Park Zoo, or if it's been a number of years since you have, there have been a lot of changes — and improvements — to Iowa's only accredited zoo.

The board of directors has spent around \$17 million in updates and expansion at the zoo in the past few years, including:

- In 2011, the new David Kruidenier Australia Adventure, which features wallabies, emu, kookaburra, a parakeet feeding experience and an aviary.
- In 2012, the Hub Harbor Seal and Sea Lion pool that features underwater viewing and a new observation deck as well as a training island and shade structures for the animals opened. At the same time, a new entrance and park also opened in 2012 that features a new sign, pond, waterfall, picnic area, shelter house, observation deck and playground.
- In 2013, the zoo opened its Jamaa Kwa Africa — "Connect to Africa" — exhibit, the first major expansion of the zoo since the Discovery Center in 2001. The exhibit features eland, African spurred tortoises, a bird aviary, kori bustards, ostrich and an ostrich feeding experience, and the Prairie Meadows Rhino Savannah featuring two highly endangered Eastern black rhinos.

As far as what zoo members and

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visitors can expect to see in 2014, Bickel said a new African animal yard that is next to the rhino exhibit will be opened, as will a new pavilion that features close-up views of the giraffes and rhinos.

• • •

The story of Blank Park Zoo can be experienced while walking around the 49-acre park. It's seen and told in the colors, shapes and sizes of the animals, the smiles and squeals coming from happy children and the smiles on the faces of contented parents, grandparents and guardians.

It's experienced through feeding barnyard animals in the petting zoo, taking a train ride around the grounds, sitting on a horse on the merry-go-round or atop a live camel and in the many interactive games and displays found in the park.

At the end of the day, the zoo is about the scores of animals that make their home there. It's about their hoots and toots, howls and growls.

If you haven't been to Blank Park Zoo in a long time, gather up the kids and make the short drive to Des Moines this fall and winter to get a taste of Iowa's Wildest Adventure. If you do, you'll probably find yourself going back again and again next spring and summer. ♦

Todd Burras is outdoors editor of the Ames Tribune. Contact him at outdoorstoddburras@gmail.com and read his blog at amestrib.com.

SUPPLE Succulents

Even novice gardeners can find success in winter gardening with succulents

BY JAN RIGGENBACH

I have one small outdoor planter filled with perennials that survive winter year after year without any protection.

The old container itself, made from the rot-resistant wood of the Osage-orange tree, has proven itself to be winter-worthy. It measures 10 by 12 inches, with a depth of only 4 inches.

Growing in this small planter are several kinds of hens and chicks. They belong to the group, or genus, called *Sempervivum*, which means "always living."

Individual plants don't actually live forever, of course. Each grows as a low rosette for several years before sending up a long flower spike and then dying. But by the time the mother hen dies, there

are a dozen or so little chicks at her feet ready to fill the space.

What I find amazing is that these tough succulents can survive a brutal Iowa winter in an above-ground container without any protection.

Thanks to their thick, fleshy leaves, they also survive hot summer weather without watering. Talk about a carefree plant!

Hens and chicks make a great addition to a rock garden or the crevices of a rock wall, where the good drainage is a perfect fit.

Best in full sun, they also do OK in partial sun, although their colors won't be as bright. But don't put them in soggy clay soil. If your soil is heavy, add liberal amounts of sand and compost, or — for better results with less work — just plant them in quality

potting soil in containers.

Most hens and chicks grow only 3 or 4 inches tall. When not covered by snow, they add winter interest to the garden.

There are dozens of different kinds, enough to keep a collector happy for years. They can be hairy or smooth, green or purple. Some have pointed leaves, others are rounded. In addition, their colors often vary by the season.

I think a mix of different varieties looks especially nice growing together, with their contrasting colors and shapes.

If you want named varieties, you'll find lots to choose from. There's Cobweb, for example; it has white webs that crisscross the leaves.

Rocknoll Rosette has orange to wine-red leaves that

are bright green at the base.

Red Beauty boasts gray-green leaves with blood-red tips. Pacific Ice has blue-green leaves with rose at the center.

Very old plants with a long history of cultivation, hens and chicks have earned themselves many different common names. The one I often hear is houseleeks (no connection to the leeks grown in the vegetable garden).

The houseleek name supposedly refers to the ancient practice of growing hens and chicks on roofs to ward off evil spirits and repel lightning.

I don't know about those claims, but I do know that even a novice gardener who tries hens and chicks will be lucky indeed. ♦

*Longtime garden columnist
Jan Rigenbach lives in
Omaha.*

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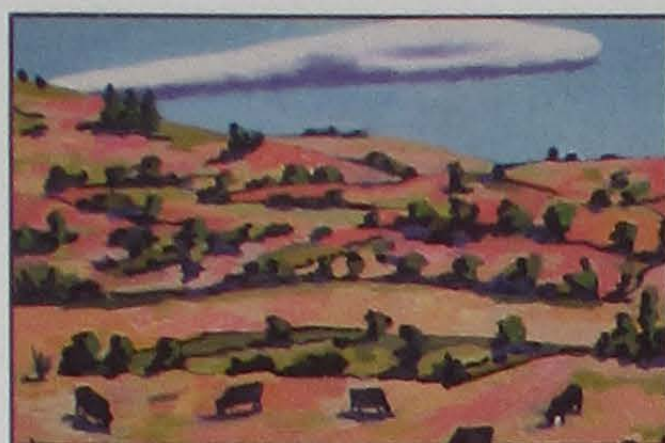
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CLASSIC FALL FLAVORS ...with a twist

PHOTOS AND RECIPES BY NICOLE WIEGAND

PUMPKIN SPICE BARS WITH GINGERSNAP CRUST & CANDIED PECANS

These easy-to-make, foolproof bars embody the flavors of fall and pair perfectly with a cup of cocoa or cappuccino — but be sure to cut them small, they're rich!

INGREDIENTS:

- 1 15-ounce can of pumpkin puree
- Boxed spice cake mix
- 2 cups gingersnap crumbs
- 1/2 cup sugar
- 6 tablespoons butter, melted

OPTIONAL:

- 1 cup pecans halves
- 1/4 cup maple syrup
- 1/2 teaspoon vanilla
- 1 teaspoon cinnamon
- 1 tablespoon butter

Preheat oven to 350 degrees. Fold pumpkin into cake mix until smooth.

In a separate bowl, combine gingersnap crumbs and sugar.

Once combined, fold in melted butter and press into the bottom of a greased 9x13 pan.

Cover the crust with the pumpkin mixture and spread until even.

In a medium saucepan, melt butter and add cin-

namon, vanilla and syrup. Bring mixture to a boil and add pecans.

Reduce heat and a simmer until mixture begins to thicken; then spread pecans on parchment paper to cool.

Once cool, break pecans apart and sprinkle over pumpkin mixture.

Bake bars for 25 to 30 minutes or until a toothpick inserted into the middle comes out clean.

Makes 24 bars.



SAUSAGE, APPLE AND LEEK DRESSING

Whether you call it dressing or stuffing (this dish goes by "dressing," as it's baked in a dish and not in a bird), this filling and comforting recipe makes the perfect hearty complement to any holiday meal.

INGREDIENTS:

- 1 pound pork sausage
- Loaf of country Italian bread, broken into pieces
- 1 medium leek, white portion, diced
- 4 stalks celery, diced
- 2 medium red apples, diced
- 1/2 cup walnuts, chopped
- 2 eggs, beaten
- 1 teaspoon ground sage
- 1 teaspoon thyme
- 1 tablespoon salt
- 1 tablespoon onion powder
- 2 tablespoons butter

Preheat oven to 325 degrees. Spread bread evenly onto two cookie sheets and toast in oven for 5 minutes or until toasted.

Brown sausage in large skillet until cooked through. Add bread to skillet and mix, allowing bread to soak up the flavor of the sausage. Transfer to large mixing bowl.

In same skillet, saute leeks, celery and apple in butter, adding the sage, thyme, onion powder and

salt. Cook for 5 minutes, or until tender.

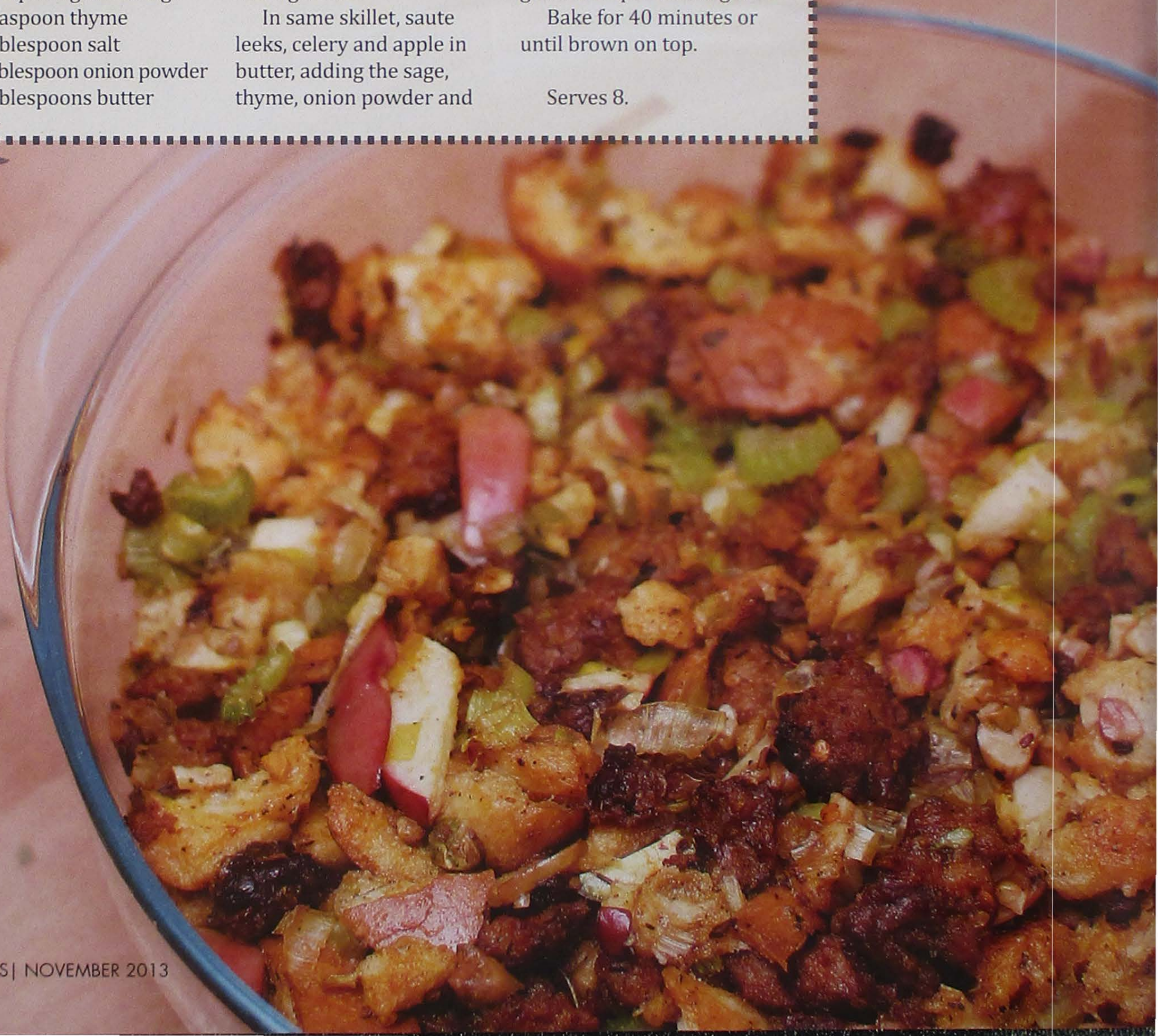
Combine mixture with sausage and bread in large mixing bowl, adding chopped walnuts and beaten eggs.

Mix until all items are evenly moist and incorporated.

Transfer mixture to greased 2-quart baking dish.

Bake for 40 minutes or until brown on top.

Serves 8.



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Door Decor

Itching to ring in the holidays with a festive wreath, but not ready for evergreen and holly berries just yet? Transform a basic, grapevine wreath with just a few supplies from the craft store (many of which can also be found at the dollar store!). Armed with just a few autumn trimmings and a glue gun, your door will be ready to greet Thanksgiving guests in no time.

For detailed instructions, log on to www.amestrib.com/sections/special-sections/facets.

Grapevine wreaths

Organza ribbon

Decorative acorns

Decorative gourds

Silk leaves

Natural raffia

TREND ALERT:

Curls

PHOTO BY THINKSTOCK

Curls are back — and hotter than ever this fall. Use these tips from PCI's Mary Clare Lokken to ensure you sport this trend without damaging your locks.

They're back! Curling irons really never left, but now they are back big time, and you need to know how to use them. Use your curling iron to create soft curls or luxurious waves.

What follows are tips from Redken artist Giovanni Giuntoli.

He suggests the iron you select is about the result you want to achieve. Short hair calls for a smaller iron. Thick, hard-to-curl hair also requires a smaller iron. Wavy hair demands an iron close to the size of your waves.

Do:

- Do use heat-protecting products before

curling.

- Do wrap your hair around the barrel before clamping it and closing the iron.
- Do use a curling iron even if you already have curly hair. Use the iron to make your curls bigger or your waves curlier.

Don't:

- Don't just apply your protective products any old way. Apply them evenly for best results.
- Don't start your iron from the ends. Apply curl at the roots and wind the hair inward. This protects the more fragile ends of your hair.
- Don't overheat your hair. Once you wind your hair on the iron, it only takes 10 seconds for results. If it feels hot, unwind the hair.



MARY CLARE
LOKKEN

Giving back

Giving Back is the theme for this month's Facets. As we head toward the holidays, think about the homeless, the hungry, the illiterate, the disabled, our veterans and all the others less fortunate than we are.

Plan to keep giving to the Emergency Residence Project, the food pantry, the library, the disabled, veterans groups and your personal causes.

And thank you. ❖

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at MaryClareLokken@aol.com.

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Appreciation, Joy, Tears & Anger

When I see a talented young musician perform at a school or church concert, I feel a true appreciation for that talent and for the person who shares the talent. I see joy in the face of a grandchild as they tell me they "bought a goat" and how that will help children in Africa. I have tears when I see women and children who live in poverty and abuse. And I feel anger when I hear someone say people that use the food pantry must not want to work.



KAREN PETERSEN

What do you appreciate? What brings you joy or tears or anger? And you might say, "What does this have to do with giving"? I think these emotions direct us to our personal charitable decisions.

We all get requests from many worthy and some not-so-worthy charities. There are important considerations when you decide to make a charitable contribution.

- What about this charitable organization is worthy of your time and money?
- Will you contribute money or time or both?
- How much money do you have designated for charitable gifts?
- What impact do you want your donation to make?

Sometimes it is easy to just send a check or go online to "donate." If this cause is worthy of your money, is it also worthy of your time? There is no better way to become committed to an organization and to connect to its mission than to donate your energy.

Tally up the amount of money you gave to charitable causes last year; what is the total amount of money you contribute to charitable organizations? Whatever the number, large or small, de-

cide if you want to make a small contribution to many organizations or do you want to make a larger impact in one or more areas that you feel an emotionally commitment to?

Our charitable giving habits and willingness to talk about the value of the organizations we chose can make a significant impact in our community. Maybe more important than the value to the community is how our charitable giving habits and our conversations about giving can influence our children.

According to Women Give 2013, a new study from the Women's Philanthropy Institute at the Indiana University Lilly Family School of Philanthropy, parents who talk to their children about charitable giving significantly increase the likelihood that those children will give to charity.

Women Give 2013 cites two approaches to teach children about charitable giving: Talk to the child about charitable giving, and let them share the experience of giving.

Talk to your children, grandchildren, nieces and nephews, even the neighborhood children about your reasons to make charitable contributions and how you decide on the charities you will support. Let them see your actions of donating time and money. Help them understand and experience that Appreciation, Joy, Tears and Anger are good reason to "do good" in the world near and far — because life is ... more than money. ❖

Karen L. Petersen, CFP® CDEA™, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

Sides of Gratitude

Thanksgiving is a special time for embracing everything we are thankful for and expressing gratitude.

Gratitude is an empowering emotion. It makes us stop and think, a pause in our normal routine, to recognize all we are grateful for.

Thanksgiving is a day that we tend to think of when sharing our gratitude with family and friends.

We can do that with food as well. Here are some foods to be thankful for this Thanksgiving:



NICOLE ARNOLD

Sweet Potatoes

One medium-size sweet potato contains more than three times your daily need for Vitamin A. Sweet potatoes are also a good source of fiber, vitamin C and potassium. A medium sweet potato has more fiber than a bowl of your morning oatmeal. Believe it or not, a sweet potato contains only 20 grams of carbohydrate, a little over 100 calories and only 1 gram of fat per serving and would be a lovely addition to your holiday meal.

Cranberries

This tart fruit contains proanthocyanidins (PACs) that may prevent the adhesion of certain of bacteria, including *E. coli*, associated with urinary tract infections to the urinary tract wall. The anti-adhesion properties of cranberry may also inhibit the bacteria associated with gum disease and stomach ulcers. Recent scientific research shows that cranberries and cranberry products contain significant amounts of antioxidants and other phytonutrients that may help protect against heart disease, cancer and other diseases.

Walnuts

In addition to antioxidants and essential ALA omega-3 fatty acids, an ounce of walnuts provides 4 grams of protein and 2 grams of fiber. Walnuts are also a good source of magnesium and phosphorus. Eating 1.5 ounces of walnuts per day, as part of a low-saturated-fat and low-cholesterol diet, may reduce the risk of coronary heart disease and may assist in decreasing inflammation and oxidative stress.

Gratitude Crescent Rolls

A special side dish for your holiday

meal for showing others how grateful you are.

All you need:

- Ball-tip pen
- Parchment paper
- Refrigerated crescent roll dough (one for each of your guests, plus some additional)

All you do:

- Have each guest write one thing they are thankful for on a 4-by-1-inch strip of parchment paper.
- Prior to rolling up crescent rolls, fold paper and lay inside the dough and roll up. Bake as package directs.
- Enjoy serving these gratitude rolls at the table. While everyone eats them, they can read what another person wrote. You can even guess who wrote it. ❖

Hy-Vee dietitian Nicole Arnold, RD, LD, received her bachelor of science degree in dietetics from Michigan State University. Her dietetic internship was completed at the University of Michigan hospital in Ann Arbor. This information is not intended to be medical advice.



(Giving) Thanks for the Memories

PHOTO BY THINKSTOCK

Gratitude is an emotion expressing appreciation for what one has — as opposed to, say, a consumer-oriented emphasis on what one wants or needs. It's currently quite popular to be expressing feelings of abundance, even as we consume.

We respond to marketing that plays on our fears and worst possible scenarios. We fight back our demon thoughts of not-enough-now, too-this and too-that, with superficial fixes, artificial parts and cellulite creams. From burpees to Spanx and now burpees with Spanx, new women's exercise gear is retro yesteryear.

Gratitude is what gets poured into the glass to make it half full and posted on our profiles for semi-permanent footprints. Is it all for naught, not for all, or worthwhile after all?

Studies show that gratitude not only can be deliberately

cultivated but can increase levels of well-being and happiness among those who do cultivate it. In addition, grateful thinking — and especially expression of it to others — is associated with increased levels of energy, optimism and empathy.



DEBRA ATKINSON

So staring down that body of yours in the mirror, let's focus on gratitude, not the abundance, or possibly gratitude for the abundance.

- The wider-than-you-wanted hips that bore you the kids that brought the joy to many years of your life.

- The sturdy legs that still, to this day, don't fit into skinny jeans but that carried you miles over ground you might not otherwise have seen in

seasons you might otherwise have not enjoyed so much to walk or run or hike or bike.

- The arms that have a layer with a mindful movement all its own: If you didn't mind it wouldn't matter. It still is waving long after the last goodbye, but well, you have carried bags, boxes, pulled wagons, pushed snowmen, and drove the green, caught the pitches, and hoed the garden and held new life in those same arms.

- The "menopot" earned — or started early — proof that you've enjoyed dinners (or dessert) with the girls, tasted a bit of life, wined as you whined about it to friends who would listen, and over which you stubbornly refuse to believe sit-ups and crunches are your best friend.

- The back fat that occasionally provides that dressing dilemma but that packs nicely under sweaters and ponchos,

keeping you ever in style and on top of the trends.

Glance away from the mirror to the surface nearby, where there's probably parked a sea of frames full of faces and places and loves. Possibly degrees or quilts or shelves of books line your walls, some that you've read or you've written or you will some day. Another chapter in your life given to something and someone graciously as you started this little collection of abundance on you.

Be grateful. Be thankful. For yesterday, today and tomorrow. You can decide later whom to donate those batwings to once and for all. ❖

Debra Atkinson, MS, CSCS is a prior senior lecturer in kinesiology, 28-year fitness veteran, barely boomer and founder of Voice for Fitness. Reach her at debra@voiceforfitness.com for better solutions to a flat belly.



PHOTO BY ELI HAMMAN/FACETS

Women, working away from or at home, often carry the weight of the world on their shoulders (and upper back and neck). A tight chest and a weak upper back contribute to that. Putting those muscles back in a better balance with each other can prevent that shoulder-in-your-ear-syndrome that happens at five o'clock or at those chilly football games.

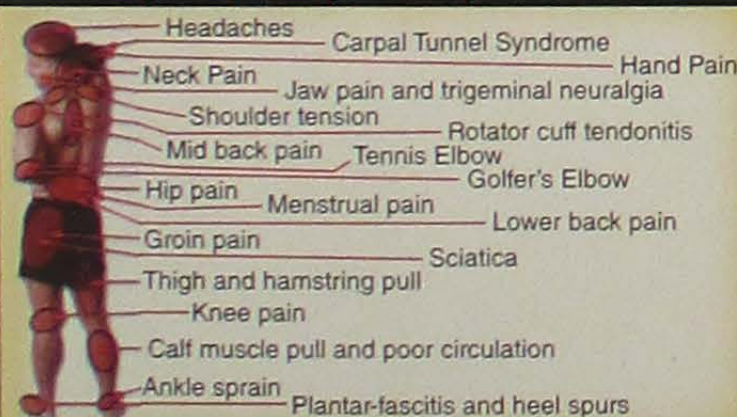
CHEST OPENER: First, release what's tight. Using a big resist-a-ball, begin sitting and then roll out and down so that you have bent knees, feet flat, and lowered hips as you lean back into the ball and open the front of the chest. Hold the stretch for 30 seconds to a minute.

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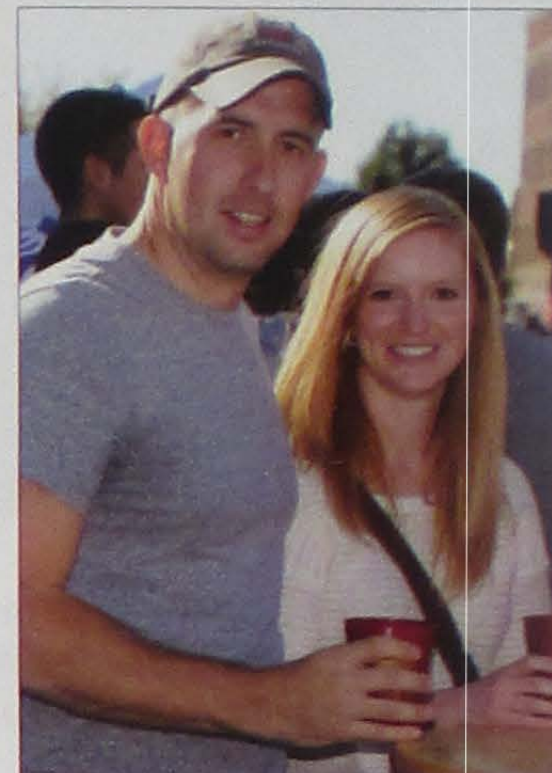
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John McCrackers and Michaela Spring, both of Ames



Bill Rickard and Letitia Kenemer, both of Ames



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From left, Goni Ertiuleftu, Andreea Ertiuleftu, Effy Sun and Rohit Gali, all of Ames



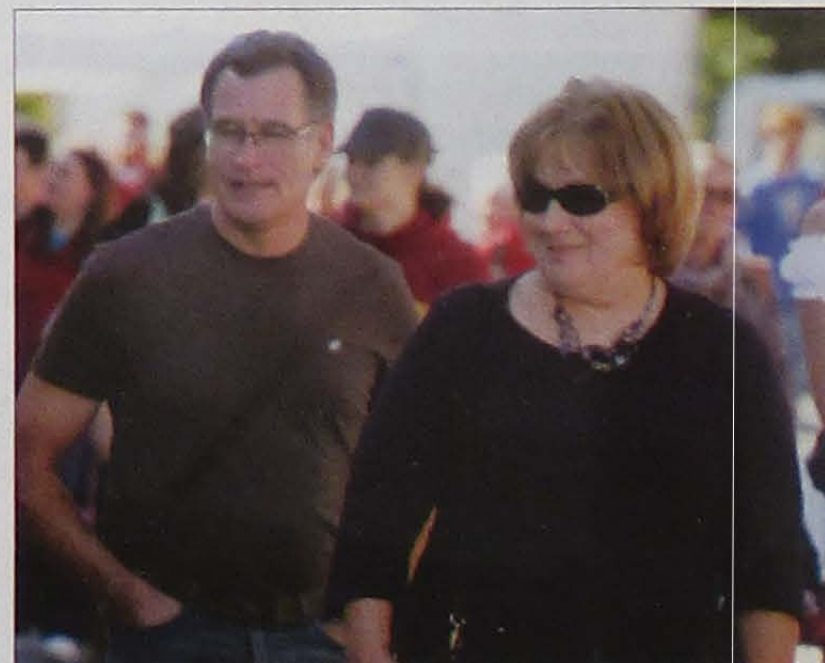
Laura Frazer and Julio Guilar, both of Ames



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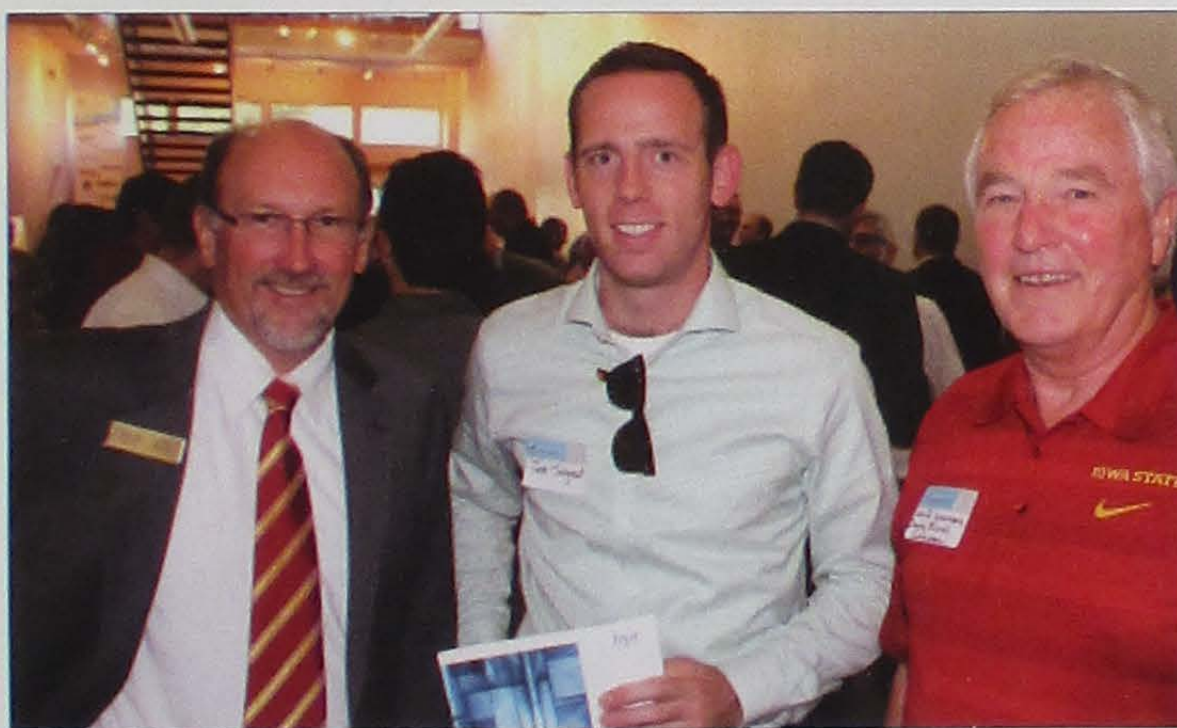
BUSINESS AFTER HOURS

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From left, Melissa Rowan from the ISU Foundation, Kim Hanna, Director of Campustown Action Association, and Liz Jeffrey of Acadia Cafe

From the left, John Russell from Bankers Trust, Jon Sargent from Todd & Sargent Construction and Jon Lowman from the Denny Elwell Company



From left, Jeremy Davis from the Ames City Council, Ryan Edgington from Knapp-Tedesco and Joe Reimers from Adams Funeral Home

PHOTOS BY ELI HAMMAN/FACETS

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We enjoyed our beautiful porch this summer. The skillful and courteous crew who built the porch will remain a cheerful and pleasant memory of this spring's construction. Thanks to Geisingers' for sending us all this great screened porch weather as well.

*Cordially,
Martha Rasmussen*



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FACETED WOMAN

NAME: Nicole Wiegand

AGE: 23

POSITION: Facets editor and copy editor/page designer at the Ames Tribune

FAMILY: My 1-year-old tabby cat, Oscar, and parents and four siblings at home in Indiana.

WHAT WOULD YOU DO WITH \$1,000 TO SPEND ON YOURSELF?

I would absolutely use it to travel. I spent a few weeks abroad my senior year of college, but all it did was make me want to travel more. I only spent 24 hours in France, so I'd love to back and use the bit of French I retained from high school.

CRAZIEST FASHION YOU EVER WORE:

Does anyone remember those one-size-fits-all scrunchie (and insanely stretchy) shirts that were popular in the late '90s? I had one, and I'm pretty sure it was even zebra print.

WHAT MAKES YOU LAUGH?

I'm not sure what this says about me, but my cat cracks me up every single day. We're best friends.

WHAT HAVE YOU ACCOMPLISHED THAT HAS MADE YOU PROUD?

For the majority of the time I worked at the Iowa State Daily, I served as a news and sports photographer, and my senior year, a photo I took at McFarland Park won a national award given out by the American Collegiate Press.

TIP TO LOOK AND FEEL GREAT:

Drink water, and when you think you've had enough, drink more. I'm probably not the best person to advocate for this (I have a terrible weakness for Diet Coke), but I can tell the difference in both my complexion and energy levels if I haven't filled up my water bottle on any given day.



MY SIMPLEST PLEASURE:

Perfect fall days, driving around with my sunroof open singing super loudly to the radio, sitting around doing nothing but talking with my very best friends, and a good cup of coffee.

I SECRETLY LOVE:

I watch way too many bridal shows on TLC. "Say Yes to the Dress?" You bet. "Four Weddings?" Even better. I'm not even ashamed.

WHAT IS YOUR WARDROBE STAPLE?

A perfectly-fitting pair of dark, skinny or straight jeans. They tuck nicely into boots in the winter and can take you from a casual Friday at the office straight to a night on the town.

HOW DO YOU GIVE BACK TO THE COMMUNITY?

I used to tutor students at both Fellows and Edwards schools in my free time back when I was still in school. While I'm no longer a student and can't participate in the same program, I'd love to be able to give my time back to those kids again. There's nothing quite like watching a third-grader's eyes light up when he understands multiplication for the first time or helping a first-grader pass her sight words test. ❖

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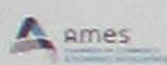


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November 7	5 - 8 PM
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November 10	1 - 4 PM
NAMI	
November 13	4 - 7 PM
Ames Enrichment Academy	
November 14	5 - 8 PM
ISU Women's Club	
November 15	5 - 8 PM
Festival of Trees Holiday Promenade Open House	
November 17	1 - 4 PM
Unity Church	
November 18	4 - 7 PM
Community That Works	
November 19	4 - 7 PM
Iowa Coalition Against Domestic Violence	
November 20	4 - 7 PM
Story County Volunteer Center	
November 21	5 - 8 PM
Heartland Senior Center	
November 22	5 - 8 PM
Snow Magic Open House	
November 24	1 - 4 PM
American Legion Aux Holiday for Heroes	
December 1	1 - 4 PM
Good Neighbor	
December 5	5 - 8 PM
Ames Choral Society	
December 7	9AM - 3 PM
Ames Middle School Holiday Bazaar	
December 7 & 8	After Church Services
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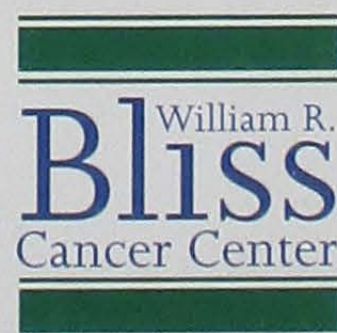
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